

GOALS

The follow-up's knowledge of Mediterranean diet in children from 8 to 12 years old

- They know what is the Mediterranean diet?
- What feeding guidelines they follow?
- Children who remain at school canteen have a healthy feeding?



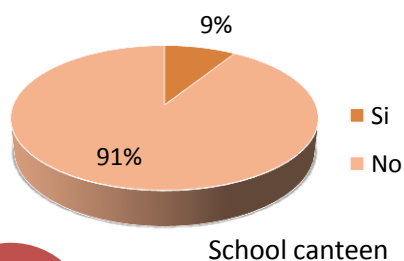
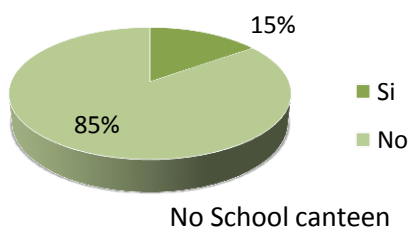
HYPOTHESIS

The children who remain at school canteen will follow a more healthy diet and will have a better food habits, than this ones that make all the daily meals at home.

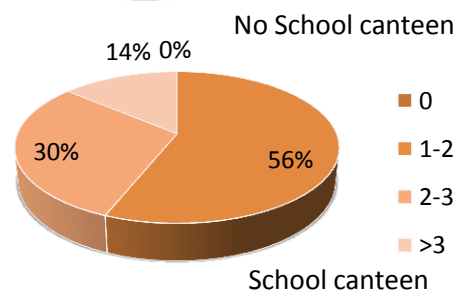
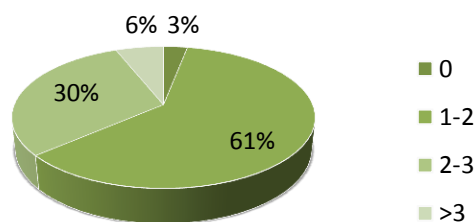
CONCLUSIONS

There aren't differences between the results of children who don't remain at school canteen, comparing those who go.

They know what is the Mediterranean diet?



Weekly consume of legumes



NEGATIVE

There is an excessive consumption of pastries, sweets and fried food.

A considered percentage don't follow the 5 daily portions of fruit and vegetables.

There is a weekly excessive consumption of meat.

There are children who have a sedentary and inactive lifestyle.

POSITIVE

They make a good meals distribution.

They are consuming a good portion of legumes and nuts

The dairy consume is correctly followed.

They consume the properly intake of water

5 rations of fruits and vegetables

